

# OUTLINE

## The Neuroscience of Trauma and Mechanisms of Change

Key brain areas involved in trauma  
Fight, flight, freeze, fawn survival responses  
Clinical implications of the freeze response  
The neuroscience of EMDR, exposure therapy and cognitive therapy

## Connect Clients to a Diagnosis: Trauma Assessment Tools

Simple vs. complex trauma  
Intergenerational trauma  
Symptom clusters and physical manifestations  
CAPS-5 and PCL-5  
Primary Care PTSD Screen  
Dual diagnosis

## Stabilize Your Clients Prior to Trauma Work

Trauma treatment roadmap – order of operations  
Bottom-up techniques to reconnect and feel safe in the body  
Self-soothing techniques  
Grounding strategies  
Breathwork  
Gauge when a client is ready for intense trauma/cognitive work

## Proven Skills and Techniques from Evidence-Based Approaches:

**Somatic Approaches:**  
*Address Physical Symptoms of Trauma*  
Relevance of Polyvagal theory and early trauma  
Assess for readiness to apply somatic tools  
Teach body awareness  
Manage unease with “Felt sense” exercises  
Resourcing strategies to create a safe space

**CBT Coping Skills:**  
*Manage Emotions*  
Identify inaccurate trauma-related cognitions  
Exposure, titration and pendulation to slow emotions  
Cognitive reframing and reappraisal interventions  
Memory reconstruction techniques


**EMDR-Based Techniques:**  
*Resolve Traumatic Memories*  
Adaptive Information Processing Theory  
EMDR vs EFT vs neuromodulation  
Resourcing strategies  
Combine memory reprocessing with cognitive restructuring  
Using “restricted processing” with complex trauma

**Narrative Therapy Exercises:**  
*Rewrite Traumatic Experiences*  
Interventions to help clients talk about hotspots  
Reclaim identity with the “Tree of life” exercise  
Awareness and closure - create life stories

**Solutions to Trauma Treatment Roadblocks**  
How to handle the angry client  
Strategies for the resistant trauma client  
Boundary concerns  
Dealing with crises, suicidality, substance use  
**Reintegration and Post-Traumatic Growth**  
Better than normal - the neuroscience of post-traumatic growth  
The therapeutic alliance as a brain-based approach  
The power of forgiveness in moving forward  
Meaning making exercises

## Research, Limitations and Potential Risks

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Featuring clinical psychologist, internationally sought-out teacher, and EMDR consultant, **Arielle Schwartz, PhD, CCTP-II, E-RYT**



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**Learning Objectives can be viewed at**  
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### Live Webinar Schedule (both days) (Times listed in Eastern)

**9:30** Program begins  
**11:50-1:00** Lunch Break  
**5:30** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).  
Actual lunch and break start times are at the discretion of the speaker.  
A more detailed schedule is available upon request.

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SPEAKER



**Arielle Schwartz, PhD, CCTP-II, E-RYT**, is a clinical psychologist, internationally sought-out teacher, therapeutic yoga instructor, and leading voice in the healing of PTSD and complex trauma. She is the author of six books based upon her integrative, mind-body approach to trauma recovery: *The Complex PTSD Workbook*; *The Post Traumatic Growth Guidebook*; *A Practical Guide to Complex PTSD*; *EMDR Therapy and Somatic Psychology*; *The Complex PTSD Treatment Manual*, and *Therapeutic Yoga for Trauma Recovery*. Her unique blend of spirituality and science can be found in her writings, guided trauma recovery programs, and applied Polyvagal Theory in yoga for trauma recovery.

Dr. Schwartz is an accomplished teacher who guides therapist in the application of EMDR, somatic psychology, parts work therapy, and mindfulness-based interventions for the treatment of trauma and complex trauma. She has a succinct way of speaking about very complex topics. She is a longtime meditation and yoga practitioner with a passion for the outdoors; all of which she incorporates into her work as founder of the Center for Resilience Informed Therapy in Boulder, Colorado where she maintains a private practice providing psychotherapy, supervision, and consultation. Dr. Schwartz believes that the journey of trauma recovery is an awakening of the spiritual heart. Discover more at [drarielleschwartz.com](http://drarielleschwartz.com).

Speaker Disclosures:

Financial: Dr. Arielle Schwartz maintains a private practice and is a trainer with Advanced EMDR Therapy Trainings. She receives compensation as an international presenter. Dr. Schwartz receives a speaking honorarium, recording royalties, and publishing royalties from PESI, Inc. She also receives publishing royalties from Norton Publishing, Sounds True, and Rockridge Press. She has no relevant financial relationships with ineligible organizations.

Non-financial: Dr. Arielle Schwartz has no relevant non-financial relationships.

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*An Integrative, Mind-Body Approach to Trauma Recovery*

Arielle Schwartz, PhD - seminar speaker!

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